



ILLINOIS
DEPOSITORY

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UNIVERSITY OF ILLINOIS
AT URBANA-CHAMPAIGN

ILLINOIS WOMEN PREVENTING AIDS

RESPECT YOURSELF – PROTECT YOURSELF FROM HIV/AIDS

DID YOU KNOW THAT...

- AIDS is the leading cause of death for African American women ages 25-44.
- HIV is the virus that causes AIDS.
- You can have HIV for many years without showing signs of AIDS or getting sick.
- You can spread HIV to another person without ever knowing you have it.
- HIV is spread
 - by having vaginal, anal or oral sex with an infected person.
 - by sharing drug injection equipment or “works” (needles, syringes, cooker, rinse water, cotton) with an infected person.
 - from an infected mother to her baby during pregnancy, birth, or breast feeding.
- Nearly half of the women with AIDS in the United States got HIV by having sex with men who were infected with HIV. Most of the others got it by sharing works to shoot drugs.

YOU CAN PREVENT GETTING HIV

- Make sure you use a latex condom every time you have vaginal, oral or anal sex. Only use water based lubricants. Never re-use a condom.

- Sex without a condom is safe only if you and your partner are not infected with HIV. The way for both of you to be sure is to get tested, never have sex with other people and never share works to shoot drugs.
- You can learn some fun ways to be close sexually without intercourse that won't put you at risk for getting HIV. Or you can choose not to have sex at all.
- Don't take a chance, thinking “It can't happen to me.” IT CAN!

IF YOUR MAN DOESN'T WANT TO USE CONDOMS

- Help him understand that condoms can save lives. Even if he would rather not use them, isn't living more important?
- Talk to your partner. Tell him why **NO GLOVE, NO LOVE** makes sense. Choose a time to talk other than a passionate moment.
- Talk to an HIV or family planning counselor about ways to handle the situation.

- Get some latex condoms and read the instructions. Make sure you understand how they are used. Condoms are available free from local health departments or HIV/AIDS community organizations.
- Both of you can practice ways to make condom use more fun and pleasurable. Try different kinds of condoms until you find a brand or type you both enjoy.
- After you learn how to discuss condoms with your man, share what you've learned with your girlfriends. They may need to encourage their partners to use condoms.

IF YOU WANT TO BE SURE YOU DON'T HAVE HIV

- Get tested! And go back for your test results! Call your local health department or the Illinois AIDS/HIV & STD Hotline to find out the location, and hours. All testing is confidential and free of charge. Anonymous testing is available, too, which means you don't have to give your name.

WHERE TO GO FOR INFORMATION ABOUT CONDOMS OR HIV/AIDS

- Your doctor or your local health department.
- Call the Illinois AIDS/HIV & STD Hotline, 1-800-243-AIDS. You won't have to give your name. Staff can answer your questions or refer you to a nearby community organization.

A man may be an important part of your life. He may pay the bills, help raise the kids, be a friend and a companion. He may be trustworthy. But when it comes to your own life, you'd better trust yourself first. Remember—

**YOU CAN GET A NEW
MAN, BUT YOU CAN'T
GET A NEW LIFE.**

ILLINOIS WOMEN PREVENTING AIDS

Illinois Women Preventing AIDS is a group of individuals, organizations and health agencies that work in the field of HIV/AIDS prevention. It's purpose is to develop and deliver empowerment messages to African American women to help them prevent the spread of HIV.



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**TO FIND OUT MORE
ABOUT CONDOMS, OR
HIV/AIDS, CALL THE
ILLINOIS DEPARTMENT
OF PUBLIC HEALTH
AIDS/HIV & STD HOTLINE:
1-800-243-AIDS**

(TTY 1-800-782-0423).

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